

For more information about diabetes call:

National Diabetes Education Program 1-800-438-5383
American Diabetes Association 1-800-628-8808

To find a diabetes educator near you:

American Association of Diabetes Educators 1-800-338-3633



Diabetes Control Program
(360) 236-3617
DOH Pub 345-004 9/98

MY DIABETES CARE GOALS

	ADA Standard
HbA _{1c} Target: _____	less than 7%
Blood Pressure Target: _____	less than 130/85
Cholesterol Target: _____	less than 200
LDL Target: _____	less than 100
HDL Target: _____	greater than 45
Triglycerides Target: _____	less than 200



MY DIABETES CARE INFORMATION

Name: _____	Ph: () _____
Doctor: _____	Ph: () _____
Diabetes Educator: _____	Ph: () _____
Dietitian: _____	Ph: () _____
Pharmacist: _____	Ph: () _____
Foot Doctor: _____	Ph: () _____
Eye Doctor: _____	Ph: () _____
Dentist: _____	Ph: () _____

MY DIABETES CARE CHART

Here is a list of items for good diabetes care suggested by the American Diabetes Association (ADA). Take this card to your primary care provider or diabetes educator when you visit them so that **YOU** can control your diabetes. For life.

Physician exams:	Date of Visit			
Review home blood sugar records (every visit)				
HbA _{1c} (every 3-6 months)				
Weight (every visit)				
Foot exam (every visit)				
Foot check of circulation and nerves (once a year)				
Blood pressure (every visit)				
Cholesterol/LDL/HDL (once a year)				
Triglycerides (once a year)				
Urine test for protein (once a year)				
Dilated eye exam (once a year)				
Dental exam (once a year)				
Flu shot (once a year)				
Pneumonia vaccine (generally once)				
Review with your diabetes educator:				
Meal plan (with a registered dietitian)				
Physical activity plan				
Home blood sugar testing plan				
Low/high blood sugar treatment plan				
Foot care plan				
Medication plan				
Sick day plan				
Stress management plan				

Other things you can do:

- Stop smoking • Eat less fat • Become more active • Let others help •
- Test blood sugar regularly • Eat 5 fruits & vegetables daily



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If you have questions, contact:

Office of Health Promotion

P.O. Box 47833 Olympia, WA 98504-7833

(360) 236-3736

Sincerely,

Health Education Resource Exchange Web Team